

Fayette County Public Schools (Kentucky)

Nutrition and Physical Activity Wellness Plan

Contents:

I. Preamble/goals

Establishes urgency and commitment of the district

II. Strategies to achieve goals:

A. School Health Councils

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school councils for implementing those policies. A school health council consists of a group of individuals representing the school and community, and may include parents, students, representatives of the school food authority, and members of the school board, school administrators, teachers, health professionals, and members of the public.

B. Nutritional Quality of Foods and Beverages Sold and Served on Campus

- School Meals
- Summer Food Service Program
- Meal Times and Scheduling
- Qualifications of School Food Service Staff
- Sharing of Foods and Beverages
- Foods and Beverages Sold Individually
- Fundraising Activities
- Snacks/Rewards
- Celebrations

C. Physical Activity Opportunities and Physical Education

- Daily Physical Education (P.E.)
- Daily Recess
- Physical Activity Opportunities Before and After School
- Physical Activity and Punishment
- Safe Routes to School
- Use of School Facilities Outside of School Hours
- Recommended Physical Education "Best Practices"

D. Nutrition and Physical Activity Promotion and Food Marketing

- Education and Promotion
- Integrating Physical Activity into the Classroom Setting
- Communications with Parents
- Food Marketing in Schools
- Staff Wellness

E. Monitoring and Plan Review

Responsibilities of the superintendent/designee, the school principal/designee, and the school food service staff, at the school or district level.

III. Appendix

- Alternatives to Food Rewards
- Kentucky Teachers' Suggestions for Alternatives to Food Rewards

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| To view the complete plan, go to: http://www.fcps.net/pss/food/wellness/ |
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